

				<ul style="list-style-type: none"> • Play grounds must be located a bit far from school. • Always check playing materials whether they are broken or not. • If there are objects that may cause injury on playgrounds, they should be removed and pits should also be filled. • Check or examine play ground everyday. • .New students should be explained about the play ground's rules. Teachers must be one of the players. • While constructing playgrounds, they should be managed from safety point of view. • While playing game, one should play under supervision of teachers as far as possible. • Always play game with discipline and always obey rules.
Health, Population and Environmental Education	9 th	142	Maternal and Child Health	<p><u>If Mother's Age is Below 18 and Over 35 Years</u></p> <p>It is dangerous if mother's age is below 18 and above 35 years while becoming pregnant. In human life, the period from 18 to 35 years is regarded as physically active stage. Before the age of 18, due to continuous physical development, woman will not be physically matured. After crossing 35 years of age, due to reduction in physical capacity, to be pregnant is not taken good from health point of view. Therefore, giving birth to a baby within the age of 20-30 is regarded as the best time.</p> <p><u>If Mother is Suffering From Malnutrition or Giving Birth to Many Children.</u></p> <p>Health of mothers who are malnourished and who have given birth to many children will not be good. Since mother's own health is bad, obviously, baby's health will also be bad. While a baby is inside mother's womb, or while suckling mother's milk, they get nutrition from mother's food and therefore makes mother malnourished. If the condition of malnutrition gets worse, mother's health will be at risk.</p> <p><u>While Taking Drugs that may Affect Baby</u></p> <p>During the 1st three months of pregnancy, baby's body's organs will be developed. During this period, if medicines are taken, they may produce negative effects and may develop malformations in child development. Therefore, such mothers must not get pregnant while they are under such medications.</p>

Environmental Science	9 th	7-8	Basic Hygiene	<p><u>Solid Waste Management</u></p> <p>Solid wastes are thrown from places like house, dwellings/settlement, industries, city areas etc. Such wastes must be collected from all areas and properly managed. From those wastes, compost can be made, sold and distributed. Non-decomposed materials must be processed and used. This helps in reducing air pollution.</p> <p><u>Waste Water Management</u></p> <p>Waste water is drained from house, industries and city areas. Water contains many kinds of decomposed materials. From those materials, bad smelling and poisonous gases come out. Therefore, waste water must be drained only after processing. Toilet water must not be allowed to drain openly. Open drainage must be stopped from dwellings/settlement areas. It is necessary to manage drainage from underground. In this way, if waste water management is done, it helps to prevent air pollution by stopping spread of foul smell in air.</p>
Environmental Science	9 th	16-19	Basic Hygiene	<p><u>Water Pollution</u></p> <p>When external natural materials get mixed with safe water, water gets polluted. External factors such as poisonous substances, germs, minerals salts, manure, soil etc make water polluted. Due to such external causative factors, water has a chemical property of dissolving most of the substances. Therefore, when other substances get inside water, they dissolve slowly. In this way, due to dissolving of other substances in water, water gets polluted.</p> <p><u>Causes and Control Measures</u></p> <p>Safe water is needed for human beings. Due to some natural incidents and human activities, water gets polluted. How water gets polluted has been described below.</p> <p><u>Cleanliness</u></p> <p>While bathing, human beings remove dirt, nasal discharge, sputum etc from body. There they also wash clothes. While cleaning house yard, office paths etc, dust particles and wastes/garbages come out. Such wastes when get mixed with water, water gets polluted. Wastes when get decomposed in water, disease microorganisms are produced due to which water gets more polluted. To prevent water pollution, following ways need to be adopted.</p>

				<ul style="list-style-type: none"> • Waste water and dirt that come out while cleaning must not be allowed to get mixed with each other. Cleanliness work must be done by staying away from water source. • Wastes that come out from different sources must be disposed away from water source. <p><u>Drainage Management</u></p> <p>Waste water coming out from different activities and solid substances mixed with them are drained for drainage. Waste water that has been drained by this way and the substances that get drained with such water, if get mixed with water sources, water sources get polluted. To prevent/stop water pollution due to drainage, following ways must be adopted.</p> <ul style="list-style-type: none"> • Drainage and outlet must be made away from water sources. Leakage of drainage water and its mixing with water must be avoided. For this, concrete drainage must be constructed. • Drainage must always be of flowing type so that water may not freeze and leakage is prevented. Decomposed/decayed materials and germs in waste water can not get mixed with water source. <p><u>Solid Waste Management</u></p> <p>Solid wastes if thrown/disposed near water source, water get polluted. Wastes slowly decompose and get mixed with water source. Water coming out after waste decomposition gets polluted. In such water, plenty of disease microorganisms are present. They pollute water source. Carcasses and other microorganisms when disposed in water source, water gets polluted. Disposal of dead animals at public places and wastes get drained out by rain water and get mixed with river and rivulet. These things get decomposed and mixed with water and make water polluted. To prevent waste water pollution, following ways should be adopted.</p> <ul style="list-style-type: none"> • Waste management must be done in dwellings/settlement areas, and at local level. Wastes must be collected away from water source. • Water/liquid coming out after waste decomposition must not be allowed to get mixed with water source. Disposal of wastes at public place must be prohibited. • Manure collecting pits must be away from water source. By doing this, microorganisms coming out from wastes and waste
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				<p>water/liquid cannot get mixed with water source.</p> <ul style="list-style-type: none"> In rural and urban areas, toilets must be properly managed. Due to this, defecation in haphazard ways will be prevented and water source may not get polluted. <p><u>Industrial Waste Management</u></p> <p>Human beings start different kinds of industries for development. In industries, chemical substances and different kinds of raw materials are used. Chemical substances like chloride, magnesium sulphate, iron, cadmium arsenic etc. found to get mixed with the waste water that comes out from industries. Waste water contains dust particles, small pieces of grasses, leaves, and suspended particles. Waste water and solid wastes when get mixed with water source, water gets polluted. To prevent water source pollution from waste water, following ways should be adopted.</p> <ul style="list-style-type: none"> Harmful chemicals/poisons must be destroyed by processing industrial waste water. Flow of industrial waste water at public place must be controlled. Standard of industrial waste water must be created. For this, strict laws must be implemented. <p><u>Effects of Polluted Water</u></p> <p>Polluted water contains disease microorganisms like virus, bacteria, and protozoa. Such water cause many kinds of diseases to human beings some of which are given below.</p> <ul style="list-style-type: none"> Polluted water contains cholera bacteria. In such water, these bacteria multiply. Drinking such water cause cholera. This spreads slowly to else where. Drinking of polluted water causes diseases like typhoid, dysentery, and cholera. Water borne diseases spread more at rainy season. Polluted water contains viruses. Such water spreads diseases like dysentery, round worms etc. Polluted water contains minerals that are present more than their required amount. This is harmful to health. Excess of fluorine in water makes teeth yellow and black. Deficiency of iodine causes goiter.
Environmental Science	9 th	89-90	Basic Hygiene	<p><u>Environmental Cleanliness</u></p> <p>Environmental cleanliness is important to keep environment clean and</p>

				<p>healthy. Environment gets polluted due to ‘human’s different kinds of negative activities. Every kind of cleanliness helps to keep environment clean. Some examples of this are as follows.</p> <p>We must keep house inside and outside clean. Bedrooms, kitchen and other rooms of house must be kept clean. Inside house, there must be proper management of ventilation system.</p> <p>Wastes coming out from house must be collected at specific places. Wastes should not be disposed haphazardly around house. This pollutes environment around the house. We all must keep our community and ward clean. Management should be done regarding the collection of wastes coming out form community and sending/dispatching these wastes to concerned person/institution.</p> <p><u>Pollution Control</u></p> <p>Among different factors that destroy__environment and create imbalance, pollution is one of such factors. Although one kind of population differs from another, they are interrelated. In pollution control, there is a special role of human beings. Major ways that have to be adopted for pollution control are as follows.</p> <p>Management must be done to control from the place from where pollution has originated. For example, wastes coming out from house, industries, hospitals etc pollute air, water and food. If such wastes can be managed properly from every place, pollution control will be easier.</p> <ul style="list-style-type: none"> • Industrial waste water and polluted substances must be always mixed with water only after their processing. By doing this, pollution is reduced. • If laws made for pollution control can be implemented effectively, to some extent it helps in pollution control. • If landslides, floods can be controlled, water pollution can be prevented. Similarly, waste drainage must not be mixed with water sources. • Pollution can be controlled by conducting public awareness campaigns.
Environmental Science	9 th	95-101	Basic Hygiene	<p><u>Solid Wastes</u></p> <p>Human beings use many kinds of things. Among them, some are naturally available and some artificially prepared. Doing different works at home, cooking food in kitchen, doing agricultural works at home, starting industries, doing trade/business etc are some human</p>

				<p>activities from which necessary and unnecessary things come out. Unnecessary things are wastes. Similarly, for daily living, we do different kinds of activities. From these activities, different kinds of wastes come out. Human beings throw unnecessary things as wastes. Utensils, broken objects, used papers, plastics, dust particles and other things that come out after cleaning house and yards etc are wastes.</p> <p><u>Types and Sources of Wastes that Come out from Rural and Urban Areas</u></p> <p>Wastes get collected form rural and urban areas. Human beings work inside and outside house/settlement areas. Cooking food, doing parties, doing agricultural works, starting industries, business, livestock raising etc can be taken as examples of work done by human beings. The types and level of such works may differ among rural and urban areas. As a result, the types and sources of wastes coming out from rural and urban areas are different.</p> <p><u>Types of Solid Wastes</u></p> <p>Wastes coming out from rural and urban areas are of different kinds/types. They can be divided into two categories: organic and inorganic wastes. Decomposable wastes are organic wastes. Grasses, plants, straws, vegetable pieces, parts of plants, carcass etc fall under organic wastes. With the help of bacteria, fungus etc, these materials are decomposed (rotten) and get mixed with soil. Non-decomposable/non-degradable substances are inorganic wastes. Metal substances, plastics, glass, rubber, cement, chemical substances etc do not get decomposed by natural ways.</p> <p><u>Waste Disposal in Rural Areas</u></p> <p>In rural areas, sources of wastes are limited. Major sources of rural wastes are as follows.</p> <p><u>Domestic Wastes</u></p> <p>Vegetable stems, unused leaves are wastes that come out from kitchen. Ash, broken utensils, plastic bags, old clothes also come out from house. Such wastes can be easily decomposed and converted into manure. In rural areas, every house can easily manage domestic wastes by decomposing and burrowing them in the empty lands.</p> <p><u>Wastes from Livestock</u></p>
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			<p>In rural areas, people raise cattle/buffalo, goat, poultry etc. From them, wastes originate and if they are produced in excess amount, they spread foul odour. If we can clean shed, make cross ventilation there, it wouldn't be difficult to manage the wastes coming out from there. If we can properly decompose/ferment wastes from livestock and make manure, their effects on environment will be less.</p> <p><u>Waste Disposal in Urban Areas</u></p> <p>In urban areas, density of human population is higher than in rural areas. Human activities are more in urban areas. Due to this, sources and types of wastes coming out from urban areas will be of different kinds.</p> <p><u>a. Domestic Wastes</u></p> <p>In urban areas, wastes come out from kitchen, house and yard cleaning. Vegetable residues, plastic bags, paper, bones of meat/fish and unnecessary old things at home come out from urban area's houses. Due to high density of people, domestic wastes are more than in rural areas. Due to lack of open land, it is difficult to dump domestic wastes than in rural areas. Urban domestic wastes have to be collected from house or any specific place and taken to dumping sites. To manage urban domestic wastes, every person must help. Everybody should help organizations, institutions, communities that are involved in waste management.</p> <p><u>b. Waste Disposal from Market Area</u></p> <p>In urban areas, there are shops from small to big ones. From them, things like boxes, papers are thrown as wastes. Likewise, broken objects, and other damaged things are also disposed as wastes. These wastes must be collected systematically. They must be taken to waste collecting sites/dumping sites. These wastes must be managed by adopting any one of the proper management methods such as re-use and compost preparation.</p> <p><u>c. Hospital Wastes</u></p> <p>Wastes like empty medicine box, empty vials/glasses, damaged medicines, broken things/equipments etc come out from hospitals. Likewise, needle/syringe, body tissues, clothes, cotton etc are also hospital wastes. Such wastes must be processed first and then must be made inactive and finally must be buried in safe places. More</p>
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				<p>harmful wastes must be destroyed by burning.</p> <p><u>d. Waste Disposal from Office</u></p> <p>In urban areas, there are many organizations, offices, educational institutions etc. Wastes like plastics, carbon paper, used pens, paper are thrown from such places. If they are not properly managed, the environment gets polluted. For collection and disposal of such wastes, office must also help.</p> <p><u>Industrial Wastes</u></p> <p>In urban areas, due to transportation and trade facilities, industries are present from small to big industries. Industrial wastes include wastes like damaged raw materials, equipments, damaged medicines, rotten materials, boxes and papers. Non-decomposable/ inorganic/ wastes will be more. Waste water also comes out from industries. They might be polluted with poisons and chemicals. They should also be properly collected and disposed.</p> <p><u>Waste-Borne Problems and Diseases</u></p> <p>Wastes make land, water and air polluted. Through these medium, microorganisms spread. Waste borne problems and diseases are as follows:</p> <ul style="list-style-type: none"> • Wastes attract flies and insects and they get food and lodgment there. Flies breed in such places and multiply their numbers. Flies transmit disease microorganisms from one place to another and to water and food. This may cause diseases like diarrhoea, dysentery, ascariasis, vomiting etc. • With wastes, different things such as cereals, left over foods, rotten objects get mixed. Mouse and small organisms sit on those places and feed on wastes and make that place polluted. There they also multiply and increase their number. From this also, disease microorganisms will get transmitted. • When wastes get rotten, polluted liquid materials come out. Such polluted water may flow or leaked and get mixed with water source. From this polluted water, harmful microorganisms reach inside human's body due to which we get disease like ascariasis, diarrhoea, vomiting, typhoid, jaundice etc. • Due to wastes, environment gets polluted and natural environment gets imbalanced. Natural environment getting
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				<p>imbalanced means to create many kinds of problems such as land getting polluted and damaged, water getting polluted and difficulty for human beings to survive, spread of foul odour, human beings face difficulty in living at such places.</p> <ul style="list-style-type: none"> • In polluted water, chemical substances are present in dissolved form. Due to water pollution, food and favorable environment will not be present for aquatic animals and it will affect their dwellings. Food also affects their life cycle. • Green vegetables that grow in polluted land also contain disease microorganisms. Polluted land also affects human beings, animals and birds. • Disease microorganisms from wastes get mixed with air and pollute it. Dust particles, smoke, and disease microorganisms are present in polluted air. In such smoke, TB bacteria may also be present. Such disease microorganisms enter inside body through inhalation. Diseases like cholera, typhoid, jaundice, asthma, coughing, and common cold get transmitted through polluted water. • Tetanus bacteria will also be present in wastes and faeces/urine and get transmitted through them. • Some wastes are decomposable while some are not. If they get decomposed, it causes great loss/harm to the surroundings and settlement area.
Health, Population and Environmental Education	10 th	46	Maternal and Child Health	<p><u>Facilities for Maternal and Child Welfare</u></p> <p>Care /service of pregnant, postnatal and breast feeding mothers and physical and mental health of child from the period of pregnancy (birth) to <5 years of age is called maternal and child welfare (MCW). Developing countries like Nepal must pay special attention to maternal and child health. For this, knowledge of sources, resources and skills is very important. In these things, family's standard of living plays a leading role. If family's quality of life is good, service and facilities that are essential for MCW can be made available in large extent and maternal and child mortality rate can be reduced.</p> <p><u>Health</u></p> <p>From health point of view, to maintain quality of life, following things need to be paid attention. There should be management of plenty of clean and safe water for drinking.</p> <ul style="list-style-type: none"> • Personal and community cleanliness should be done. • Surrounding environment must be kept clean and green. • For the welfare of family, marriage, first pregnancy at proper

		48		<p>age and birth spacing must be done.</p> <p><u>Cleanliness</u></p> <p>If house, yards, beddings, gardens, pathways, public wells, tap water, community tap waters, ponds lake can be kept clean, improvement can be made on family's living standard.</p> <p>Cleanliness keeps surrounding environment clean and green and helps in keeping family members healthy and active. For healthy persons, all activities on society and nation, active participation will be increased. As a result, QOL is enhanced.</p>
		49		
Health, Population and Environmental Education	10 th	56-57	Maternal and Child Health	<p><u>First Pregnancy at Appropriate Age</u></p> <p>To enhance QOL, another important thing is to get pregnant at appropriate age. To be pregnant after reaching the age of 20 is regarded as an appropriate age for 1st pregnancy. After marriage, when delaying first baby birth, couple can enjoy married life to great extent and also gains maturity. Due to this, they will be capable of thinking, analyzing and making decision regarding family size. Therefore, it greatly affects QOL.</p> <p><u>Birth Spacing</u></p> <p>Without giving birth early and keeping appropriate interval of birth spacing between 1st and next baby, both mothers and child health will be good. It won't be difficult to raise child also. If Baby is born after appropriate interval of time (birth spacing-4-5 years), physically, mentally an intellectually they will be strong and active. From this family's QOL will increase.</p> <p><u>Paying Attention to Health and Cleanliness</u></p> <p>Healthy children are family's valuable assets. Family's health plays an important role in any family's economical and social development. From practical application of the person's knowledge and skills and capacity gained by a person, at first a person himself/herself must be healthy. To remain healthy, nutrition and balanced diet, health services</p>

				and facilities are needed to be available. Another important part of remaining healthy is personal and community cleanliness. If we can keep our house, yard, community, paths, public place clean, surrounding environment of house will be clean, tidy and green. Like wise, proper management of toilets, drainage systems and waste also helps in keeping family members healthy. Due to thy will also be active. From this, it will help in maintaining QOL.										
Health, Population and Environmental Education	10 th	69	Basic Hygiene	<p><u>Waste Management</u></p> <p>House, industries and city areas are the sources of waste. Due to proper management of waste, environment will be conserved. Local level authorities like Municipality, VDCs (village development committee) do work of waste management. In this work, we must also help. In every person's house, there must be toilet. Likewise, public toilet must also be present at places. Due to lack of toilet, people defecate haphazardly from which environment get polluted. Therefore, there must management of throwing waste coming out from different places at specific places. This helps in keeping environment healthy as well as environment is conserved.</p>										
Health, Population and Environmental Education	10 th	106	Basic Hygiene	<p><u>Wastes</u></p> <p>From industries, solid or liquid wastes come out. Wastes coming out from leather factories, waste collection sites (dumping sites), metal industries, and drainages, poisonous chemicals are mixed. Water coming out from such places is polluted. Such polluted water makes environment foul. It affects foods and settlement areas of land and aquatic beings. Wastes affect land beings. From polluted water, diseases like diarrhoea, cholera, and typhoid spread.</p>										
Health, Population and Environmental Education	10 th	115	TB/Malaria/HIV/AIDS/Syphilis/Gonorrhoea/Hepatitis B.....	<p><u>Disease and mode of transmission</u></p> <table border="0"> <thead> <tr> <th><u>Mode of transmission</u></th> <th><u>Diseases</u></th> </tr> </thead> <tbody> <tr> <td>1. Air borne</td> <td>TB</td> </tr> <tr> <td>2. Mosquito bite</td> <td>Malaria</td> </tr> <tr> <td>3. Sexual contact</td> <td>Gonorrhoea, syphilis and HIV/AIDS</td> </tr> <tr> <td>4. Injection</td> <td>Hepatitis B, HIV/AIDS</td> </tr> </tbody> </table>	<u>Mode of transmission</u>	<u>Diseases</u>	1. Air borne	TB	2. Mosquito bite	Malaria	3. Sexual contact	Gonorrhoea, syphilis and HIV/AIDS	4. Injection	Hepatitis B, HIV/AIDS
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Health, Population and Environmental Education	10 th	118	Hepatitis B	<p>Hepatitis B is caused by a virus called hepatitis B virus. It is a disease related to liver. This virus gets transmitted from one person to another rapidly. After getting this disease, people get liver cancer. Due to this disease, in the world, every year about 2 million people die. This disease gets transmitted from one person to another through needle/syringe sharing, unsafe sexual contact and blood transfusion. Following are the symptoms of this diseases:</p>										

				<ul style="list-style-type: none"> • In the beginning, feeling of tiredness • Loss of appetite • Skin and eyes become yellow • Possibility of getting liver cancer due to which patient may die.
Health, Population and Environmental Education	10 th	119-121	HIV/AIDS	<p><u>Sexually Transmitted Infections</u></p> <p>Infections that get transmitted from one person to another through sexual contact are called sexually transmitted infections (STIs). Unsafe sexual contact is the main cause of STI. Unsafe sexual contact means having sexual intercourse at very young age, sexual contact with multiple sex partners, and sexual intercourse without using condoms. Through such sexual behaviors, STI gets transmitted. HIV, hepatitis B, gonorrhoea, syphilis, chlamydia, trichomoniasis, candidiasis are different types of STIs. Among them, HIV, gonorrhoea and syphilis are described below.</p> <p><u>Syphilis</u></p> <p>Syphilis is one the oldest STIs. It also affects body's major organs like heart and brain. it is caused by bacterium called Treponema Pallidum. These bacteria can live for long time inside the body.</p> <p><u>Mode of Transmission</u></p> <ul style="list-style-type: none"> • Unsafe sexual contact with syphilis infected person. • Using blood of syphilis positive person during blood transfusion. • When syphilis infected mother gives birth to a baby, the disease gets transmitted. <p><u>Signs and Symptoms</u></p> <ul style="list-style-type: none"> • When bacteria enter inside body, as first symptoms, ulcers appear on infected person's genital organs, lips, tongue, breast or mouth. These ulcers are painless and ichless and get disappeared within 1- 5 weeks. • During secondary phase, reddish rashes develop, swelling of lymph glands, loss of hair, sore throat, common cold like symptoms appear. • If not treated in time, in 3rd stage, bacteria enter inside heart, brain, bone and muscles through blood circulation and cause heart disease, paralysis, blindness and unconsciousness (dementia).

				<p><u>Gonorrhoea</u></p> <p>It affects genital organs, urethra, anus and cervix (uterine). Gonorrhoea is caused by bacterium <i>Gonococcus Neisseria</i>.</p> <p><u>Mode of Transmission</u></p> <ul style="list-style-type: none"> • Sexual contact with gonorrhoea- infected person • Contact with pus/discharge coming out from gonorrhoea infected-person's genital organs. <p><u>Signs and Symptoms</u></p> <ul style="list-style-type: none"> • Painful and burning sensation while passing urine. Frequent urination occurs. • Thick, foul smelling discharge from penis and vagina. • Swelling of urethra and genital organs. • Small blisters appear around penis and vagina. • In women, stomach pain at one or both sides, fever, nausea, and irregular menstrual cycles may occur. • Pus formation / accumulation in prostate gland. • Eye infections, rashes in sexual organs in new born babies. <p><u>HIV and AIDS</u></p> <p>Full form of AIDS is Acquired Immune Deficiency Syndrome. Our body has defense mechanism which protects us from diseases. Due to weakening of this immune system, occurrence of different diseases is termed as AIDS. In other words, AIDS is not a disease but a weakening of immune system of our body.</p> <p>AIDS is caused by Human Immuno-Deficiency Virus. When the virus enters inside body, it weakens the body's immune system and makes individual susceptible to other infections easily.</p> <p>AIDS was first recognized in 1981 and since then it has been spreading extensively. Looking at the present statistical data, within two decades, globally, about 4 crore (...40 million) people are living with HIV/AIDS. In Asian countries, HIV infection is being extensively increasing. In our country also, the number of people living with HIV/AIDS is increasing day by day.</p> <p><u>Signs and Symptoms</u></p>
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				<p>In the beginning, HIV-infected persons do not show any signs and symptoms. Different symptoms appear only after 10-15 years of infection with HIV. Since HIV destroys the immune system of the body, HIV-infected individuals become susceptible to any kind of diseases. Therefore, the signs and symptoms appear based on the type of disease they acquire. In Nepalese context, among HIV infected persons, TB infection has been found to occur.</p> <p><u>Mode of Transmission</u></p> <ul style="list-style-type: none"> • Unsafe sexual intercourse with HIV-infected person. • Receiving blood of HIV-infected person during blood transfusion. • Sharing syringe and needle that have been used by HIV-infected person without sterilization. • This disease also gets transmitted from HIV-infected mother to baby during pregnancy. <p>HIV doesn't get transmitted through following activities:</p> <ul style="list-style-type: none"> • Bathing together • Eating together • Shaking hands • Sleeping together <p><u>Preventive Measures</u></p> <ul style="list-style-type: none"> • Any sexual activities that are done at young age are unsafe. Decisions made regarding sexual activities at such age might not be correct. At young age, although person tries to have sexual contact safely, due to lack of appropriate and necessary skills it might become unsafe. Therefore, to prevent STIs, never have sexual contact at young age. • Avoid sexual contact with multiple sex partners. People who look healthy may also be infected with STIs. Keeping sexual contact with such persons transmits STI. • Always use condom correctly while having sexual intercourse. Condom use prevents STD transmission as well as unwanted pregnancy. When sexual relationship is between only husband and wife, condoms need not be used but they being also temporary devices of family planning and helping to prevent unwanted pregnancy, condom use is good.
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				<ul style="list-style-type: none"> • Extensive public awareness programs on safer sexual behaviors must be conducted. • Since HIV and other STIs are transmitted through blood, always use blood only after testing during blood transfusion. • Needles/syringes must be used only after proper sterilization and use needle/syringe only once.
Health, Population and Environmental Education	10 th	134-138	Substance Abuse	<p><u>Tobacco and Drugs</u></p> <p><u>Tobacco and Tobacco-related Substances</u></p> <p>Using cigarettes, beedi, chewing tobacco and kakkad in the form of smoke is known as smoking. Overall, tobacco and tobacco-related substances are used either in the form of smoke or smokeless tobacco-related substances</p> <p>Tobacco and tobacco-related substances are the major causes of disease. Globally, every year, 5 million people die due to tobacco use. It is estimated that by 2020, annually 10 million people will die because of tobacco use.</p> <p>Evidence has shown that people who use tobacco are 3 times more likely to have heart disease, 1.5 times more likely to have stroke, asthma and 12 times more likely to have lung cancer. Nowadays, tobacco use has been one of the major causes of human death.</p> <p>Use of tobacco and tobacco-related substance is injurious to health. Chemicals present in tobacco like nicotine and other chemical substances affect different parts of the body. High blood pressure, heart attack, stroke, asthma, cough, cancer are caused by tobacco use.</p> <p><u>Causes of Tobacco Use</u></p> <ul style="list-style-type: none"> • Peer pressure • Tobacco use by family members • Tobacco advertisements • Lack of awareness about the negative effects of tobacco use • Uncontrolled production of tobacco-related substances <p>Smoke affects even the people who are around smokers. Indirect smoking affects more than direct smoking. Below, we will learn about immediate and long-term effects of smoking/tobacco use.</p> <p><u>Immediate Effects</u></p>

				<ul style="list-style-type: none"> • Coughing, Asthma, and chest pain • Skin gets wrinkled • Increased blood pressure • Decrease in libido and decreased number of sperms in semen • Infertility in women and early menopause • Decreased sense of taste, touch and flavor • Foul breathing <p><u>Long-Term Effects</u></p> <ul style="list-style-type: none"> • Due to asthma and coughing, heart is also affected. • Lung cancer including cancer of other organs. • Heart attack and stroke. • Stomach and peptic ulcer. • Loss of sexual desire and infertility. <p><u>Preventive Measures</u></p> <ul style="list-style-type: none"> • Avoid peer pressure • If your family members smoke, you should aware them about its negative effects and motivate them to-quit such behavior. • Make public place as smoking free zone. • Other communication media must also ban the advertisement of tobacco and tobacco-related substances as has been done by electronic media of Nepal government. • Refrain parents from telling their children to go and buy cigarettes for them as well as banning shops to stop selling. • Make laws about smoking prohibition at public places and their effective implementation. <p><u>Alcoholism</u></p> <p>Intake or use of alcohol containing liquid substances like jaand (locally alcohol prepared from fermented rice), raksi (local wine), whisky, and wine is called alcoholism. Alcoholism is a social culture that has been adopted by human beings from their ancient period. It is used by people in the name of religion, parties and friends get together for fun. Since alcohol is available for selling and distribution unrestrictedly, its use is not regarded as an illegal act, but wine contains chemical substance called ethanol that is harmful to body.</p> <p>There are many negative health impacts caused by alcohol drinking. According to researches being conducted so , more than 60 health problems occur due to alcoholism. Inflammation of liver, cancer of</p>
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			<p>different organs, high blood pressure, accidents, brain hemorrhage etc are major health problems. Not only that once it is used, it will turn to a habit of taking so everyday a person will become substance abuser and may be involved in several crimes. Alcohol drinkers will be involved in doing works against social benefits, quarreling, theft, robbery, and sexual crimes. Due to alcoholism, domestic violence, road accidents have been increasing.</p> <p><u>Reasons for Drinking Alcohol</u></p> <p>In Nepalese society, in many castes, taking alcohol is an important part of religious culture. Alcohol is found being used in many festivals, parties, and occasions in unrestrictedly. In this way, besides religious and cultural reasons, some people drink alcohol habitually. Following are the reasons for drinking alcohol.</p> <ul style="list-style-type: none"> • To have fun in friend's get together, people drink alcohol. • Due to false belief that alcohol helps in food digestion. • Due to attraction of advertisements • Due to false belief that from alcohol body gain energy • Under peer pressure • drinking alcohol as a culture • To prevent cold winter <p><u>Effects of Alcoholism</u></p> <p>The saying that effects of alcoholism depends on the types of alcohol is wrong. But it depends to some extent on its level. Following effects are seen due to alcoholism.</p> <p><u>Immediate Effects</u></p> <ul style="list-style-type: none"> • Uncontrolled activities due to interference with a person's thinking and memory power. • Falling from sloppy area due to loss of physical balance. • If excessive amount of alcohol is taken, death may occur. • Quarrel, dispute among family and friends. • May be involved in sexual crimes. <p><u>Long-Term Effects</u></p> <ul style="list-style-type: none"> • It may affect stomach and result in gastritis and ulcer and bleeding may occur. • Due to excessive intake of alcohol, liver will be damaged and
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